

### ABSTRACT

The present invention relates to tasty, ready-to-eat, nutritional foods that offer an alternative to appealing but unhealthy foods. More particularly, tasty, ready-to-eat, nutritional foods that provide a  
5 balanced mix of amino acids, fat, and carbohydrates are disclosed. Processes for making, and methods of using said tasty, ready-to-eat, nutritional foods are also disclosed. The nutritious foods of the present invention are formulated and processed such that they resolve the dilemma that consumers have always been faced with - healthy eating or enjoying what they eat.